

TOT/PRESCHOOL SOCCER (AGES 3-5) ACTIVITY REFENCE GUIDE

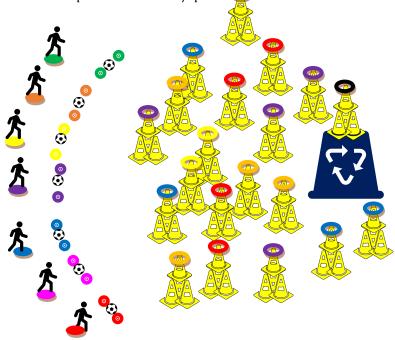


StarWars Shooting:

Purpose: Shooting

Equipment: Cones, Large Ball Buckets, Soccer Balls, Colored Spots, Hula Hoops, Colored Disks

Set-up: Create the imperial fleet! In the back/middle create the Death-Star (6-Cone Tower on top of upside down Large Ball Bucket. Put 2 black colored disks on top). Surrounding the Death-Star build smaller Star-Destroyers (6-cone towers). Lay a hula-hoop around each Star-Destroyer and put a colored disk on top. 10' from the imperial fleet, put standing spots in a horizontal line to show the players where to stand when waiting for their turn. Between the standing spots & imperial fleet, create 1 firing station/child. Each firing station consist of 2-colored disks and 1 small colored spot (of the same color). Put the colored disks parallel to one another with the small colored spot behind it so they make a triangle. The player will put the ball between the colored disks and stand on their spot to kick it. When inside, you can use a tape instead of disks/spots.



Execution:

- 1. Assign each player to a firing station
- 2. Teach proper shooting form/technique (introduce, breakdown, demonstrate). Have the players practice doing a big kick with their toes down on their spot. Work on the step and shoot.
- 3. Narrate the StarWars Storyline:
- 4. Tell the players that they are the Jedi and they need to destroy the imperial fleet before they reach our rebel base.
- 5. Coach give each player a ball and has them put the ball down between the colored disks on their firing station. They then step back to the small spot, facing the StarShip they are aiming for, and wait for the coach to yell Fire!
- 6. Coach yells "READY, AIM, FIRE!"
- 7. On "FIRE!" the kids run and kick the ball into imperial fleet and try to knock over as many StarShips as they can. They only get 1-kick.
- 8. Coach blows his/her whistle 3-times and all the players grab their ball and bring it back to their firing station. Coach yells rotate and each player moves down one firing station so everyone gets to shoot from all angles.
- 9. Continue until the entire imperial fleet has been destroyed, or time elapses
- 10. If there is time to play another round, rebuild the fleet and see if as a team you can destroy the fleet in fewer rounds.
- 11. Show the players how to create a Star Destroyer and have them help you rebuild the imperial fleet inside the Hula Hoops
- 12. Reinforce storyline, technique, game flow, and praise/encouragement throughout game
- 13. Recap Shooting and when/why it is used in Soccer



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Variation:

- Coach Pass (aka Yoda Variation) Set-up is similar to shooting drills, with the fleet being in the place of a soccer goal. All players start on their standing spot. Coach call's a players name and passes them the ball in front the fleet. Player whose name was called runs up and kicks the ball. They only get 1-kick and then return to their standing spot. Coach should pass the ball according to the ships remaining. Be smart about it and make the passes more challenging for the older kids. One only the Death Star Remains, have all players grab a ball and go around the back-side of the fleet, close to the Death Star. On coaches whistle, all players kick the ball at the same time to destroy the Death Star as a team.
- **3-Shot Fire (aka Chewy Variation)** Set-up is similar to shooting drills, with the fleet being in the place of a soccer goal. All players start on their standing spot. Coach call's a player's name who grabs a ball from the ball cubie. That player gets 3-kicks to try to knock down a ship...Kick, Kick, Shoot. This is working on setting themselves up for a good shot at the target.

Comments:

• How to build a Star-Destroyer: 4 cones in a square create the base. 1 cone upside down in the middle, 1 cone on top